Mountain Weather Forecast

Southwest Highlands

Including Ben Nevis, Glen Coe and the rest of Lochaber, Argyll including the Isles, Loch Lomond, Trossachs and Arran

Forecast valid from 06:00 on Friday 07 Jul 2023 until 23:59 on Saturday 08 Jul 2023

Forecast Issued on Friday 07 Jul 2023 at 03:29 by Met Office Aberdeen

Confidence: High on Friday, and for thundery downpours Saturday, but low for timing on Saturday. Medium for details from Sunday due to changeable conditions.

Headline for Friday 07 Jul 2023: Damp or wet start, with low cloud much of the day. Windy over the summits.

Mountain weather hazards on Friday 07 Jul 2023

Blizzards
No Likelihood

Heavy persistent snow
No Likelihood

Storm force winds
No Likelihood

Gales
Low Likelihood

Severe chill effect
No Likelihood

Poor visibility
High Likelihood

Thunderstorms
No Likelihood

Heavy persistent rain
No Likelihood

Strong sunlight
No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Heavy Rain	Light rain	Drizzle	Cloudy	Cloudy	Clear night
Precipitation probability					
90%	80%	60%	20%	<05%	<05%

Forecast for Friday 07 Jul 2023

Weather: Persistent rain and drizzle gradually turning lighter and patchy towards midday. Becoming mainly dry in the afternoon, some brightening spells late afternoon and evening, the clear skies overnight.

Chance of cloud-free hill tops above 800m: 10% or less through the morning, becoming 80% by the end of the afternoon.

Low Cloud and visibility: Visibility very poor for much of the day with extensive cloud, base 600-700m in the morning and early afternoon, lifting to around 900m early afternoon, then breaking up in the evening.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Friday 07 Jul 2023

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1300	38/46 S	33/40 S	38/48 S	35/44 S	35/44 S	34/43 SE	35/45 SE
900	23/30 S	21/28 S	27/36 S	25/34 S	26/34 S	23/31 SE	25/34 SE
600	35/41 S	31/37 S	37/47 S	32/41 S	34/42 S	31/39 SE	29/37 SE
300	17/25 S	17/24 S	21/31 S	20/30 S	17/26 SE	14/23 SE	12/22 SE
Glen	8/21 S	10/22 S	13/27 S	15/29 S	12/25 S	5/15 S	10/19 NE

Height (m)	Temperature / Feels Like (°C)						
1300	9/4	9/4	10/5	10/5	10/5	10/5	10/6
900	11/7	11/8	12/8	13/9	13/9	12/8	11/7
600	13/8	13/8	14/9	15/10	16/10	16/10	17/10
300	14/12	15/12	16/12	17/14	18/15	17/15	17/15
Glen	16/15	17/15	18/16	20/17	20/18	18/18	18/16
Freezing Level*	3000m	3000m	3100m	3100m	2900m	2900m	2800m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Nothing further to add.

Forecast for Saturday 08 Jul 2023
Weather: Mainly clear overnight then very warm sunny spells. However, heavy and thundery downpours are likely during daylight hours. Any timings uncertain, but a risk of lightning and flash flooding. Turning drier and clearer again late evening. Strong, perhaps gale force at times over the summits and sudden strong gusts near heavy downpours.

Maximum wind: Southeast 35mph, gusting 50mph, easing to 30 gusting 40 mph late afternoon, then 20-25 mph late evening.

Chance of cloud-free hill tops above 800m: 80%, lowering 30% in and around thundery downpours.

Low Cloud and visibility: Mainly no significant cloud, but lowering onto the summits in heavy, thundery showers. Visibility good or very good falling poor or very poor in heavy, thundery showers.

Temperature: **Glens:** Plus 14 Celsius rising 24 Celsius
At 800m: Plus 10 to 16 Celsius
Freezing level: Well above the summits

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